

A monthly newsletter for gynecologic cancer survivors. This member's only newsletter will feature articles, stories, inspiration, events, recipes, & more written for survivors by survivors. Proudly published each month by GYNCA.

## DID YOU KNOW.....



**Art Therapy is a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as a remedial activity or an aid to diagnosis.**



It can help someone express themselves, explore their emotions, manage addictions, & improve their self-esteem. Art therapy is awesome because it can help anyone! Have you ever noticed how much music, or doing an activity like drawing relaxes you after a long day? That is because it is very therapeutic. If you see a professional art therapist, they can help you interpret the feelings that pour into your design, & even help work through & resolve problems. Studies have also proven that coloring, even as an adult, has tremendous benefits. Art therapy can be a mixture of drawing, coloring, painting, sculpting & pretty much everything else you can think of that is artistic. These are all things people love to do as hobbies, so why not use it to better yourself & show yourself some love?

Besides helping someone better their emotional being, art therapy is great for many other things. It can help general illness. Art is a fabulous escape from feeling icky. Art therapy can help someone who has a cancer diagnosis. Battling cancer takes both a very physical & emotional toll, & is even a struggle accepting the diagnosis. Art & dance are powerful expressions of these emotions, & can help relieve a lot of stress, anger, & sadness. Someone in need of therapy to have some relief after a disaster would also be an excellent candidate for artistic therapy.

As with most any therapy, art as therapy is generally used as a treatment for something – usually as a way to improve one's emotional state or mental well-being. Expressive arts therapy doesn't have to be used only as a treatment though. It can be used to relieve stress or tension, or it can be used as a mode of self-discovery. Many people can stand to use some sort of creative outlet. There are so many uses & benefits to expressive arts therapies, that can help drastically improve people's lives for a plethora of reasons. Be bold, be creative, & be expressive & give art therapy a try!

### 3 TIPS TO TRY ART THERAPY AT HOME

1. Start an "art journal" as a means of self-expression. Instead of writing about how you feel every day, try drawing a picture.
2. Create a space. Find a place in your home that feels comforting and relaxing for you to create your art. Try lighting candles or playing music to get your creativity flowing.
3. Enjoy the process. Remember, the value of this exercise is not in the end result, but in the process itself. Spending even a few minutes each week on your art therapy can help you reduce stress and improve your overall well-being.



## Visit GYNCA's Full Resource Center!

We offer to each member 1 free wig, head to store the wig on, new scarf, hat, etc.

**ALL OF THIS IS FREE  
TO OUR MEMBERS!**

Contact Amber to schedule an appointment!  
Call: 417.869.2220 or Email: [amber@gynca.org](mailto:amber@gynca.org)

Located at 3023 S Fort Avenue Suite D  
Springfield, MO 65807





GYN Cancers Alliance provides education, resources, & support to local women & caregivers affected by gynecologic cancers.



Panera offers fresh sandwiches, soups, salads, & bakery items made to order! Come grab a bite with GYNCA from 4-8pm. 20% of the sales will come back to GYNCA.

Located 1570 East Battlefield Road Springfield, MO 65804 across from Hobby Lobby!

**You MUST present the enclosed flyer, show the digital flyer in the GYNCA Facebook event, or tell your cashier that you are with GYNCA for your purchase to count!**



## THE HOO-HA HUDDLE

GYNCA has a PRIVATE Facebook group called "The Hoo-Ha Huddle".

It is a chance to connect to other women going through the same journey as you are. Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only. Each member has been verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that are having a recurrence, women in remission for many years, etc.

To join this private group, please visit this link (Type the full address in your web browser).

**<https://www.facebook.com/groups/350547391975897/>**

Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members. This is a safe environment to connect with others without the fear that someone may see your posts that should not.



# MARCH MEMBER EVENT

**20<sup>TH</sup> – YOGA & MEDITATION – 5:30pm-8pm @ THE JOPLIN CARNEGIE LIBRARY**  
**JOPLIN LIBRARY @ 1901 E 20<sup>TH</sup> ST JOPLIN, MO**

Yoga & Meditation from the chair to the floor. Join us for new techniques, basics you can do at home, & great relaxation. Yoga can help manage Depression, Fear, & Anxiety that can be prevalent in patients suffering through the emotional strain of a cancer diagnosis. Undergoing invasive or rigorous treatments may also heighten anxiety.

Learn ways to lower the stress & anxiety you may have. We are all beginners & learn the techniques together.

Bring your family, friends, & caregivers! There is never a fee for anyone to attend!

**RSVP is required for supplies to Amber at (417)869-2220 or email [amber@gynca.org](mailto:amber@gynca.org)**

JOPLIN EVENT AT THE LIBRARY!

RSVP by March 15th

**22<sup>ND</sup> – ART THERAPY – 6pm-8pm @ THE GYNCA OFFICE**  
**GYN CANCERS ALLIANCE OFFICE @ 3023 S Fort Ave Suite D Springfield, MO 65807**

Join us as we celebrate Art Therapy Night. We will provide all the supplies and you bring your imagination as we paint the night away! Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental, and emotional well-being of individuals of all ages.

**RSVP is required for supplies to Amber at (417)869-2220 or email [amber@gynca.org](mailto:amber@gynca.org)**

SPFD EVENT AT THE GYNCA OFFICE!

RSVP by March 15th

**26<sup>TH</sup> – YOGA & MEDITATION – 5:30pm-8pm @ THE HILTON BRANSON CONVENTION CENTER**  
**HILTON BRANSON CONVENTION CENTER @ 200 E MAIN ST BRANSON, MO**

**PLEASE NOTE THAT THIS DATE HAS CHANGED. IT WAS ORIGINALLY ON TUESDAY, MARCH 27<sup>TH</sup>, IT IS NOW ON MONDAY, MARCH 26<sup>TH</sup>!**

Yoga & Meditation from the chair to the floor. Join us for new techniques, basics you can do at home, & great relaxation. Yoga can help manage Depression, Fear, & Anxiety that can be prevalent in patients suffering through the emotional strain of a cancer diagnosis. Undergoing invasive or rigorous treatments may also heighten anxiety.

Learn ways to lower the stress & anxiety you may have. We are all beginners & learn the techniques together.

Bring your family, friends, & caregivers! There is never a fee for anyone to attend!

**Please note the Branson parking guidelines: Park on the side street – No Charge, Park in the back Hilton lot - \$5, Park in the Garage - \$7**

**RSVP is required for supplies to Amber at (417)869-2220 or email [amber@gynca.org](mailto:amber@gynca.org)**

BRANSON EVENT AT HILTON CONVENTION CENTER!

RSVP by March 15th